

Diabetes Prevention Program

Proven Lifestyle Change Program



Centers For Disease Control McHenry County Department of Health

This program is offered at *NO COST* and runs for 1 year with a total of 22 classes. This is an evidenced based class developed by the CDC to help those at risk for diabetes prevent or delay the onset of the disease.

To take a test and learn more about prediabetes, visit this website:

<https://www.cdc.gov/prediabetes/takethetest/>

For more information on class dates and location, call - Carol Waggoner, RN at 815-334-4580 or Elizabeth Goad, RD at 815-334-1570

Class Schedule and Location: To be determined

